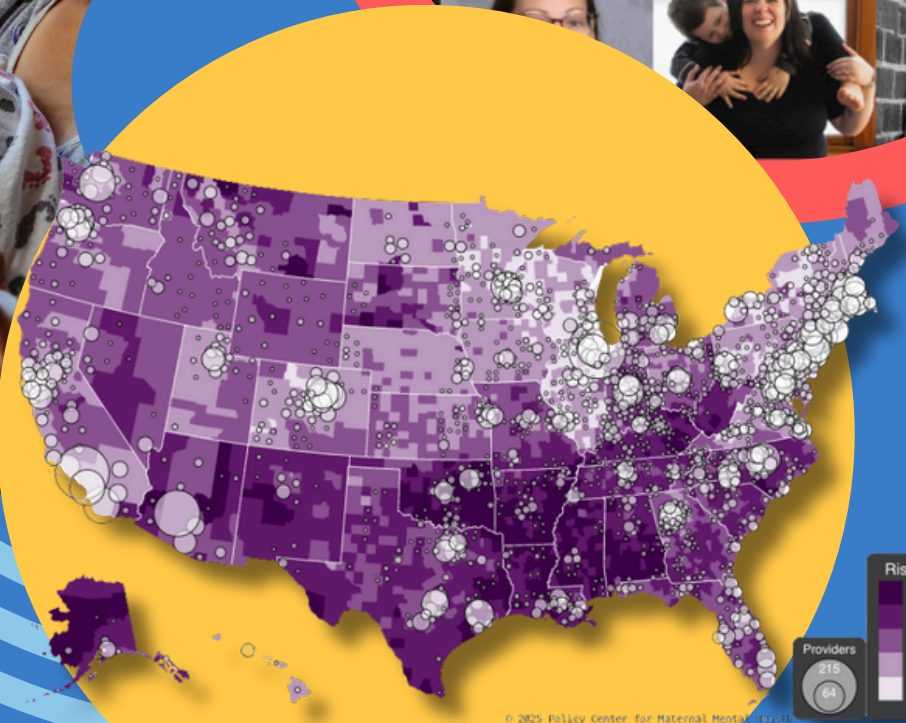




**POLICY CENTER**  
FOR Maternal Mental Health™

**2025**

# Impact! Report



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[www.PolicyCenterMMH.org](http://www.PolicyCenterMMH.org)



# *A Letter from Leadership*

2025 was a year of **rising risk, momentum, and significant governmental change**. The need for additional support for maternal mental health was spotlighted - as reductions in government resources were made.

The policy landscape shifted dramatically this year, as the **Federal Maternal Mental Health Task Force**, championed by the Policy Center, **wound down** under the new Trump administration, the Federal Department of Government Efficiency (“**DOGE**”) **cut Federal staff** and as **Congress passed the “One Big Beautiful Bill Act”** which will significantly impact healthcare delivery in the states in 2026 and 2027.

**The need for adequate healthcare couldn’t be greater.** Though one in five will suffer from maternal mental health (MMH) disorders in the U.S., our 2025 risk and resource report identified that the **number of counties with severe-risk for MMH disorders has tripled** since 2023.

However, there *has* still been meaningful progress as **26 states improved their MMH grades** (and the **U.S. has inched up from a D+ to C-**), **1000s more providers** were trained, and 700+ leaders convened at our annual FORUM, including **more policymakers and payers**, to discuss systems change. In June, we graduated another **58 state policy fellows, who began implementing action plans** to improve their state’s MMH grades, along with alumni in 30+ states.

We invite you to **skim our 2025 infographic-style Impact! Report below** to learn more about how we are facilitating change so no mother falls through the cracks, and no provider does this important work alone.

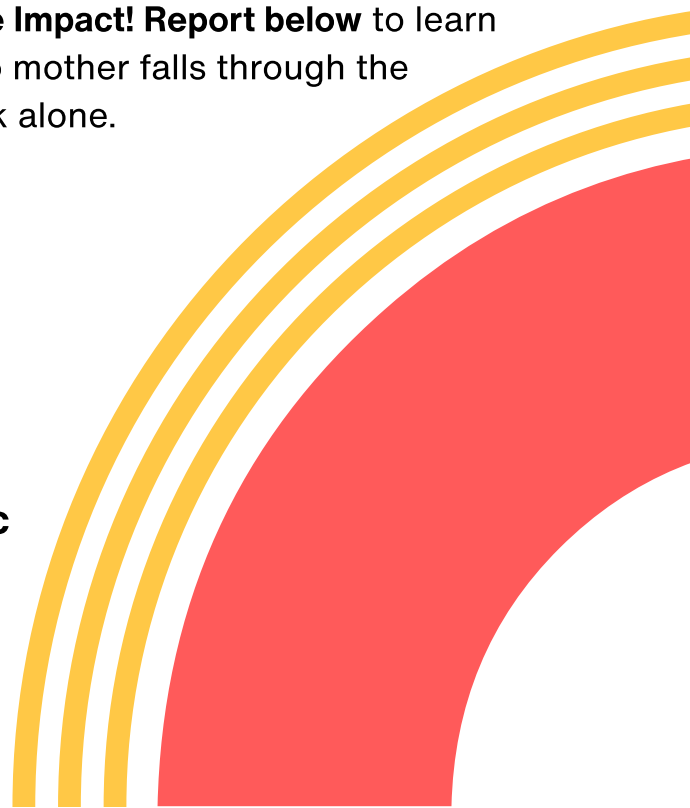
**With gratitude to you, our partners,**



**Joy Burkhard, MBA**  
Chief Executive Officer

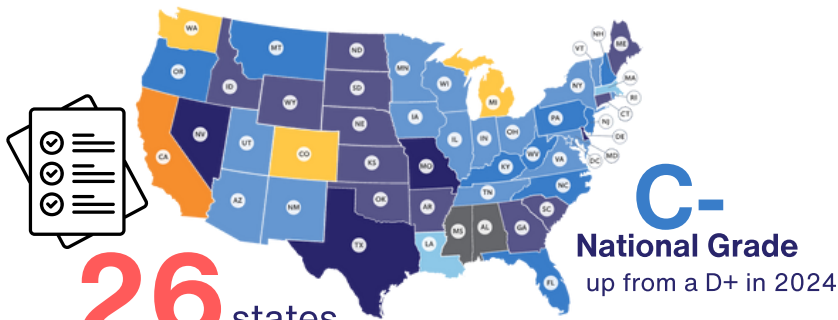


**Carla Eckhardt Taracena, MSc**  
Board Chair



# Policy Center's 2025 Impact at a Glance

## 2025 Maternal Mental Health Report Cards Released



**26** states improved their maternal mental health grades



**11** Research Reports to shape policy and practice



**58** Policy Fellows advanced evidence-based state reforms



**19** Federal Policy Analyses reached readers **15,000**



**700+** Cross-Sector Leaders convened at our 15th Annual FORUM to advance systems change



**2** Congressional Events briefed federal leaders on key MMH issues

**6,792** participated

**Maternal Mental Health Training Program**

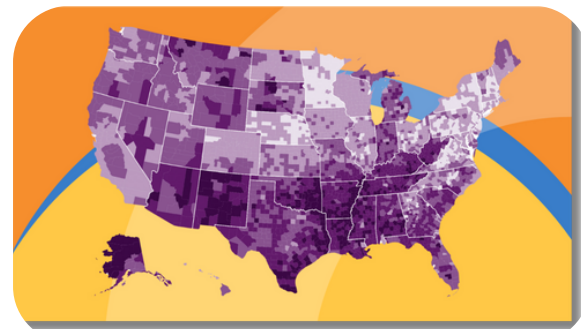


**1,308** trained

**84%**

of birthing age women live in provider shortage areas. Down from

**2025 "Risk & Resource" Report Released**



**96%** in 2023.

**Quarterly Maternal Mental Health Webinar**



in partnership with  
**PSI** POSTPARTUM SUPPORT INTERNATIONAL

# Federal Leadership

## Federal Policy Highlights

**In 2025, we kept maternal mental health front and center through:**

- Direct engagement with **CMS, CDC, HRSA, SAMHSA, and NIH**
- Serving and reporting on the **Federal Maternal Mental Health Task Force**, championed by the Policy Center in 2023
- Hosting a meeting of the Task Force members in May 2025
- Conducting **19 policy analyses** - reaching more than 15,000 readers, on topics such as **technology, maternal suicide data, and reimbursement**
- **Began engaging the new federal administration**, helping position maternal mental health in the Make America Healthy Again agenda

### *Congressional Briefing:* **2025 Maternal Mental Health County Risk & Resource and State Report Cards**

Thursday, May 29, 2025



### **Congressional Events**

- **461 attended** the Congressional Briefing revealing our 2025 state report cards and county level risk and provider gaps report
- **75 federal leaders** at our Capitol Hill Reception on maternal suicide prevention



#### CONGRESSIONAL RECEPTION

### *To Milestones & Momentum: Maternal Mental Health and Suicide Prevention*

Tues. Sept 9, 2025 5:30-7 pm EST

Rayburn House Office Building  
Room 2044

Sponsored by:



American  
Foundation  
for  
Suicide  
Prevention

Hosted by:



In Partnership With:

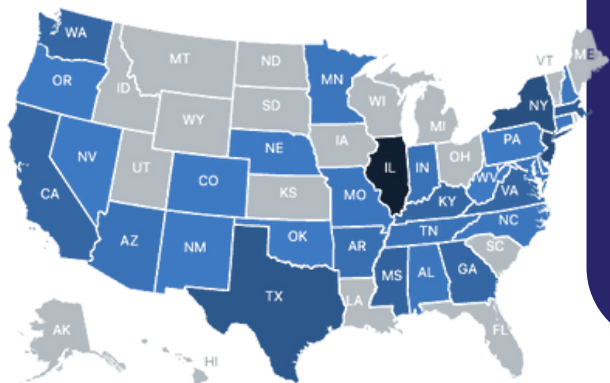


***Our work shaping and reporting on national mental health policy is made possible through a capacity grant from the Perigee Fund.***

# State Policy

Guiding States on Effective Policy

## 73 Maternal Mental Health Bills Analyzed



### Analyzed 2024 Legislation

- 73 maternal mental health bills were introduced in 21 states
- 10 states passed these bills:
  - CA, DE, GA, IL, KY, LA, MA, OH, PA, and VA
- Only four bills were ranked as evidence-based by the Policy Center:
  - CA, IL, KY and LA

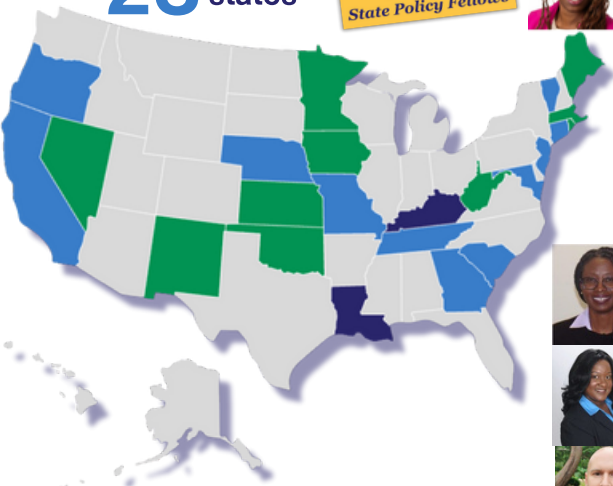
In 2025, we piloted live state bill analysis with the aim of informing policymakers and advocates of amendments to strengthen bills.

## 58 Policy Fellows Graduated in 2025

31 nonprofit, 27 government fellows  
12 month learning collaborative

➤ Policy Fellows use our State Report Card and Risk & Resource maps to identify gaps, develop action plans, and advance evidence-based maternal mental health policy.

Representation from **23** states



# State Policy Fellows in Action



## Nonprofit Policy Fellows Spotlight Stories:



### California - Focus on Insurer Case Management

Fellows introduced SB 626 using our model legislation, strengthening screening pathways, case management, and access to care, which they will work to advance in 2026. They created a statewide coalition, launched a survivor-led advocacy day with 51 legislative visits, and are now planning a meeting of state agencies.

### Connecticut Establishes a MMH Task Force

After releasing the state's first MMH impact report, fellows secured support from the bipartisan Black Maternal Infant Health Caucus. Legislation HB 7214 forming a MMH task force, statewide maternity report card, and doula-friendly hospital review passed both chambers in 2025.



### Georgia: A Roadmap for Universal Screening

Fellows championed HB 649 — requiring evidence-based screening at five key touchpoints and insurance coverage for both in-person and telehealth — passed unanimously in committee, setting the stage for renewed action in 2026.

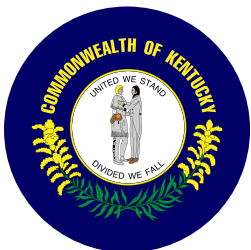
## Government Policy Fellows Spotlight Stories:



**Oklahoma Medicaid** tying maternal mental health HEDIS screening to managed care organization reporting



**Arizona Medicaid** doubling the number of PMH-C providers in the Medicaid network



**Kentucky Medicaid** implementing new MMH CPT codes, enhanced reimbursement, and a new consultation line

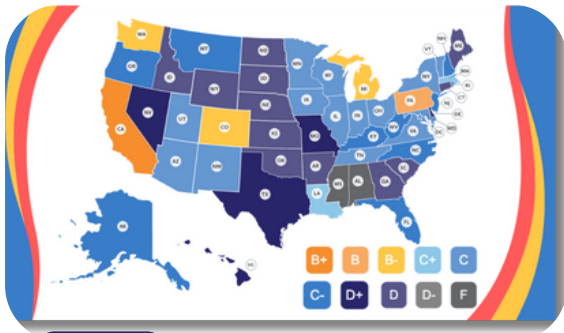


**Massachusetts Medicaid** publishing an All-Provider Bulletin expanding screening and training doulas to provide behavioral health support

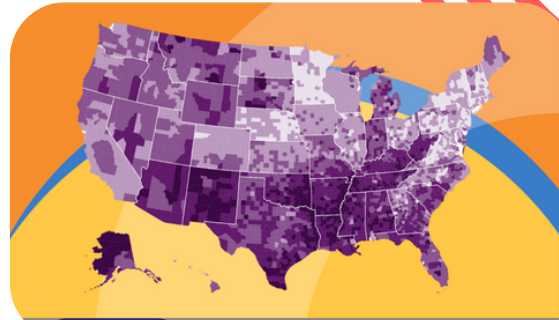
# Original Research

## Driving Policy & Practice Change

### National Data-Driven Tools Informing Change



**3,638** views



**4,635** views

#### 2025 MMH Report Cards

- 26 states' scores improved in 2025: 19 states earned Ds and Fs, compared to 29 in 2024.
- Five states earned B grades (CA, CO, MI, PA, and WA).

#### 2025 Risk & Resources Report

- Risk for maternal mental health disorders is rising in the U.S., including counties with “severe” risk tripling since 2023.
- 84% of birthing-aged women still live in U.S. maternal mental health resource shortage areas, down from 96% in 2023.

### Data Analysis & Policy Recommendations



**REPORT**  
*How Insurers are Covering Zurzuvae, the First Postpartum Depression Pill*

Initially, very few insurers/payers had published coverage guidelines. Now nearly all have published guidelines, and most provide reasonable access to Zurzuvae.



**REPORT**  
*The Role of Medicaid in Advancing Obstetric Provider Maternal Mental Health Screening and Treatment*

Analysis of 41 state Medicaid MCO contracts found only 9 states require or incentivize obstetric providers to address maternal mental health through screening, reimbursement, or HEDIS® reporting.



**REPORT**  
*The Role of Birth and Postpartum Doulas in Improving Maternal Mental Health*

In a survey of doulas, nearly all shared they have a role to play in educating their clients about maternal mental health disorders, but not in screening, given its clinical nature.

### Behavioral Health Integration Pilot

#### Embedding Community Health Workers into Obstetric Clinics to Increase Capacity to Provide MMH Care

In 2025, we launched a research study to embed Community Health Workers (CHWs) in OB clinics to expand provider capacity. CHWs conduct screening, deliver brief interventions, support treatment plan development, and coordinate care.



# Expanding the Workforce

**Our Risk & Resources data shows widespread provider shortages, guiding our workforce expansion efforts.**

Perinatal  
Mental  
Health  
101  
Training Webinar



**6 Webinars**  
**6,792**  
attendees

Maternal  
Mental Health  
Certificate  
Program

Web-based Training Series



**1,308**  
Professionals Trained



**26 Scholarships**  
supporting doulas and  
nonprofit providers



*“Being able to help my clients understand what they’re going through — and connect them to someone — is major. This is a true game changer.”*

*— Melba Perry, 2025 Scholarship Recipient*



**Perinatal Substance  
Use Disorders 101**

TRAINING



COLORADO  
Department of Public  
Health & Environment



POLICY CENTER  
for Maternal Mental Health

- In 2025, recognizing SUD as an urgent issue within maternal mental health, we launched a new quarterly complimentary webinar to equip the field
- **3 Webinars** with **4,929** attendees

State Certified  
Peer Support  
Specialist

Maternal  
Mental Health  
Add-On Virtual Training



**Peer Support  
Advancement**

- **16 state-certified peers** completed our Maternal Mental Health Add-On training
- **100% satisfaction** and relevance across evaluations

*“I appreciated how open and comfortable the space felt. Small-group practice and role playing really helped build my confidence.”*

# Informing the Field

## Evidence-informed Policy and Practice

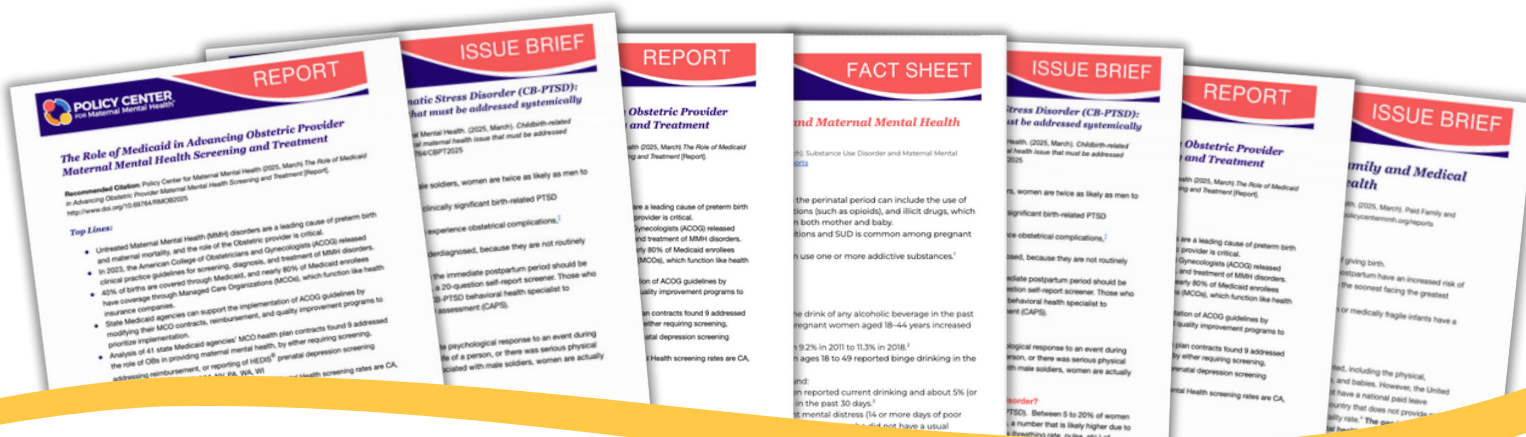
### Emerging Issue Webinars



### Issue Briefs Released

- [Latina & Hispanic MMH](#)
- [Childbirth - PTSD](#)
- [Substance Use Disorders](#)
- [Diaper Need & MMH](#)
- [Peer Support Certification Gaps](#)
- [Paid Family & Medical Leave & MMH](#)

*The Policy Center tracks and translates evidence, emerging issues, and policy insights into timely resources that equip our 4Ps: policy makers, providers, payers and partners.*



### Major Media Mentions

The New York Times

Forbes

CBS NEWS

USA TODAY

# Convening the Field

## The 15<sup>th</sup> Annual Maternal Mental Health FORUM

### Integrating Maternal Mental Health in Obstetric Settings



2025 Maternal Mental Health FORUM

*“Maternal mental health is fundamental to the health of our population”*



Dr. Katherine Wisner  
Keynote Speaker  
Associate Chief -Prenatal Mental Health, Developing Brain Institute

### Maternity Care and Mental Health Care Reimbursement Reform



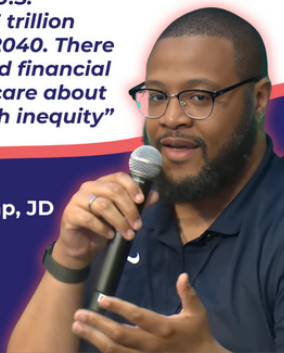
**700+** cross-sector attendees joined the FORUM

97% found the content evidence-based and actionable

92% planned to take action  
95% would recommend the FORUM to others

*“If we don’t act now, these health inequities will cost the U.S. economy \$1.3 trillion annually by 2040. There is a moral and financial incentive to care about mental health inequity”*

2025 Maternal Mental Health FORUM



Nelson Dunlap, JD  
VP, Public Policy & External Affairs  
Meharry Medical College

### Maternity Care and Maternal Mental Health Deserts



*“There is a difference between all are welcome, and we built this with you in mind. We must build mental health equity for this population with a ‘we built this with you in mind’ mentality.”*

2025 Maternal Mental Health FORUM



Breana Turner  
PhD(c), MPH, CHES  
Birth Equity Fellow  
HealthConnect One

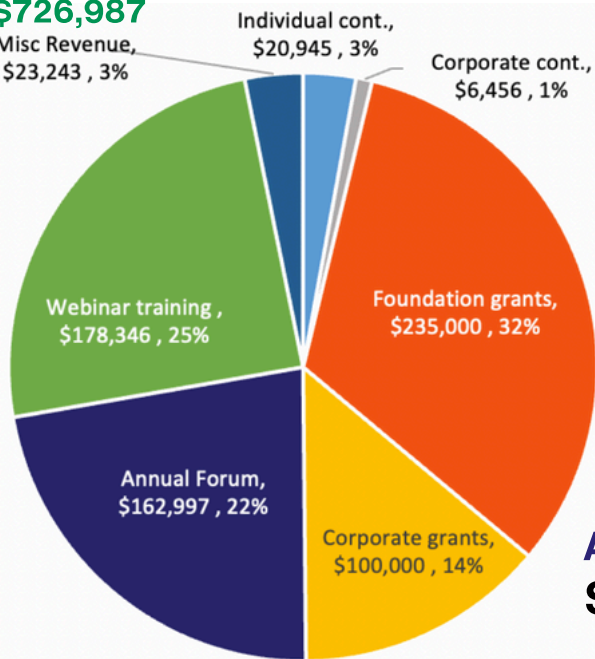


# Financials & Partners

## Revenue by Category

**\$726,987**

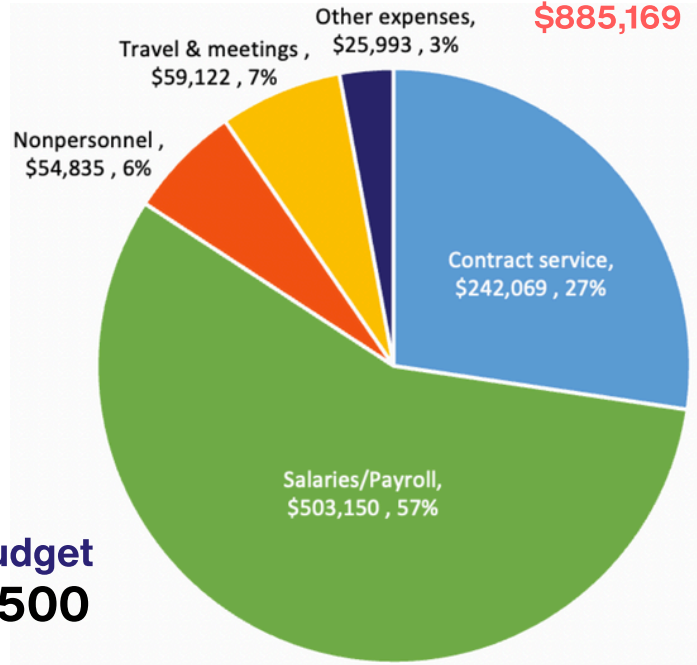
Misc Revenue, \$23,243, 3%



**Annual Budget  
\$1,022,500**

## Expenses by Category

**\$885,169**



The Policy Center operates on an accrual basis, so funding received in prior years for multi-year projects is not reflected in the revenue above.

## Philanthropic Partners

### Capacity Funders



### Project Funders



California Health Care Foundation



Esther A. & Joseph Klingenstein Fund  
A KLINGENSTEIN PHILANTHROPY



**Thank you to our sponsors!**

### Presenting



### Premier



### Champion



California Health Care Foundation



### Luminary



### Hero



### Advocate



## Proud Members Of:

- Federal Maternal Mental Health Task Force
- Health Care Transformation Task Force
- California Maternal Quality Care Collaborative
- Coalition on Human Needs
- Mental Health Liaison Group
- Maternal Health Action and Resource Coalition
- Strategic Medicaid Maternal Health Coalition
- Clinton Global Initiative Maternal Health Coalition

# Looking Ahead to 2026

As we reflect on our progress in our 2025 Impact Report, we must also look squarely at the **complex policy landscape awaiting us in 2026**.

The Policy Center remains steadfast in its commitment to **working with our fellows, policymakers, and payers to ensure** that governmental fiscal pressures do not result in a rollback of the essential mental health protections that families rely on.

We will **support Governors and their teams in implementing the \$50 billion Rural Health Transformation** Program, with a focus on addressing maternal mental health, as noted in our recent [commentary with the National Governors Association](#).

**The way maternity care is paid in the U.S. is set to change at the end of 2026** to a fee-for-service model. We will promote adequate levels of OB reimbursement with pay-for-performance incentives so providers are incentivized to implement screening and treatment. To support this, we are also focused on [updating HEDIS measures](#) to **ensure that claims data can serve as a data source for tracking screening** and follow-up care.

Finally, we will continue to lean into both **“communitizing” and “clinicalizing” maternal mental health**. This includes learning from our pilot program that [embeds community health workers](#) directly in OB clinics. This model provides obstetricians with capacity support while meeting patients where they are, both physically and emotionally.

In **2026, we will forge on to combine policy insights with practical, clinic, and community-level tools and innovations** to build a more resilient system that protects the well-being of every mother and child, regardless of the shifting political and economic tides.

In solidarity,



**Joy Burkhard, MBA**  
Chief Executive Officer

